



# CHIEF's Sight Picture

17 October 2003

## **Fit To Fight #3 -- Assessing our Fitness**

In July, I announced changes to our fitness program and asked everyone to be ready for January 2004. To be ready, you need to know how the new fitness program works. At my request, the Air Force Surgeon General has developed criteria to assess the fitness and readiness of our force. These criteria will bring about significant change in the way we currently manage our fitness and weight management programs. A new Air Force Instruction will be published in November 2003 detailing the changes. You can read the new fitness criteria tables at [http://www.af.mil/news/USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf). The tables give you a way to gauge your personal fitness, and just as important, the testing gives commanders a measure of their overall unit fitness.

I want to make very clear that my focus is not on passing a fitness test once a year. More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard -- an essential part of your service.

Commanders, supervisors, and front-line leaders must lead the way -- through unit physical training, personal involvement and, most important, by example. The forthcoming Air Force Instruction will delineate responsibility and accountability at each level. Commanders must understand it.

January 2004 -- be ready!



  
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